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PERMANENT WEIGHT LOSS DIET

how to take
it off and
keep it
off!





Dell Purse Book 7042

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Text by Irene Copeland

PERMANENT WEIGHT LOSS? YOU BET!

Is this the first diet book you have ever bought? A thousand to one it isn't. So why are you buying *another* one? Simple. The *other* diets you tried didn't work. Or they worked for a while, and you lost some weight, but then you gained it back. And now you're ready to try again.

Well, here's the good news: This is the very last diet book you will ever need to buy. Why? Because this book doesn't give you a diet to go "on." A rigid diet is too easy to go "off"—and we don't think you should spend your whole life either "on" a diet and feeling deprived and depressed or "off" a diet and feeling full and guilty.

The one way to lose weight permanently and never gain it back is to learn a whole

new set of eating habits. Don't panic! That doesn't mean giving up ice cream or doughnuts or pizza or your other favorite foods. It means learning how to fit these goodies into your life without feeling so guilty you end up eating a gallon of ice cream, the whole box of doughnuts and the entire pizza pie.

The trouble with ordinary diets is that they don't teach you how to eat like a thin person. They just teach you how to eat like a person who is on a diet. But you won't be dieting forever, and when you reach your weight goal on a traditional diet—if you do—you will simply go right back to the same eating habits and the same foods that made you overweight to begin with. And the pounds will gradually creep up again.

That's why it's so important for you to learn how to lose weight by eating balanced, nutritious meals—including your favorite foods—in *moderation*. That's why there are no forbidden foods on this diet.

Of course, there are limits to how many calories you can eat every day and lose weight . . . and then how many you can eat and maintain your weight loss. But, once you satisfy your body's basic nutritional needs, you are free to choose the balance of your calories from goodies you adore.

What's more, you can get the basics from the foods of your choice, too, not from somebody else's rigid diet. You don't *have to* eat spinach or cabbage or grapefruit if you don't like them.

Doesn't this sound like the diet you've been searching for? Let's begin!

A NOTE OF CAUTION

Before you embark on the *Permanent Weight Loss Diet*—or any other weight-loss program—it's important that you show the plan to your doctor. He may want to modify the plan to suit your personal nutritional requirements—or he may tell you to go ahead and wish you luck!

WHAT SHOULD YOU WEIGH?

You know you are overweight. You see bulges where there should be lean, smooth flesh. Your clothes feel tight and uncomfortable, and there is an entire collection of different size wardrobes in your closet.

Or maybe you're just a *little* overweight. Extra pounds around your middle make you uncomfortable, but you just can't seem to make them go away *and stay away*. And, when you complain about wanting to lose weight, someone is sure to say: "You! Lose weight? You're just a bit of a thing."

The first step to a successful weight loss program is to have a clear idea of where you are going. If you know what your weight should be, you can map your course toward reaching it. How do you find out? This chart tells all!

WHAT YOU SHOULD WEIGH

WOMEN	height (with shoes—2-in. heels)	small frame	medium frame	large frame
	4 ft. 10 in. ...	92-98	96-107	104-119
	4 ft. 11 in. ...	94-101	98-110	106-122
	5 ft. 0 in. ...	96-104	101-113	109-125
	5 ft. 1 in. ...	99-107	104-116	112-128
	5 ft. 2 in. ...	102-110	107-119	115-131
	5 ft. 3 in. ...	105-113	110-122	118-134
	5 ft. 4 in. ...	108-116	113-126	121-138
	5 ft. 5 in. ...	111-119	116-130	125-142
	5 ft. 6 in. ...	114-123	120-135	129-146
	5 ft. 7 in. ...	118-127	124-139	133-150
	5 ft. 8 in. ...	122-131	128-143	137-154
	5 ft. 9 in. ...	126-135	132-147	141-158
	5 ft. 10 in. ...	130-140	136-151	145-163
	5 ft. 11 in. ...	134-144	140-155	149-168
	6 ft. 0 in. ...	138-148	144-159	153-173

For girls 18-25, subtract 1 pound for each year under 25.

MEN	height (with shoes—1-in. heels)	small frame	medium frame	large frame
	5 ft. 2 in. ...	112-120	118-129	126-141
	5 ft. 3 in. ...	115-123	121-133	129-144
	5 ft. 4 in. ...	118-126	124-136	132-148
	5 ft. 5 in. ...	121-129	127-139	135-152
	5 ft. 6 in. ...	124-133	130-143	138-156
	5 ft. 7 in. ...	128-137	134-147	142-161
	5 ft. 8 in. ...	132-141	138-152	147-166
	5 ft. 9 in. ...	136-145	142-156	151-170
	5 ft. 10 in. ...	140-150	146-160	155-174
	5 ft. 11 in. ...	144-154	150-165	159-179
	6 ft. 0 in. ...	148-158	154-170	164-184
	6 ft. 1 in. ...	152-162	158-175	168-189
	6 ft. 2 in. ...	156-167	162-180	173-194
	6 ft. 3 in. ...	160-171	167-185	178-199
	6 ft. 4 in. ...	164-175	172-190	182-204

Prepared by the Metropolitan Life Insurance Co. from data of the Build and Blood Pressure Study, 1959, Society of Actuaries.

YOUR DAILY CALORIE ALLOWANCE

No matter what you weigh this minute, your weight will remain the same if the number of calories you take in equals the number of calories you burn up.

You will *gain* weight if the calories you take in exceed the amount your body can use. The excess will be stored as fat.

You will *lose* weight if you take in fewer calories than your body needs. The deficit will be drawn from your body's stored fat.

Specifically, 3500 *extra* calories taken in equal 1 pound gained. 3500 *fewer* calories taken in than needed equal 1 pound lost.

How can you use this information to lose weight permanently? This way:

Step 1: Start by *not* trying to diet for one whole week. Buy a calorie counter, a book that lists the calorie content of most foods. Then keep a calorie diary for that week (see the sample on pages 10 and 11). List everything you eat and drink.

Step 2: Write your weight goal in this space: _____ You now have a target.

Step 3: Determine how many calories you should take in daily to reach and maintain this ideal weight. For this you will need to know your *Activity Rating*.

The more active you are, the more calories you can take in and still lose weight. So your Activity Rating is crucial. Multiplied by your desired weight, it gives you your recommended Daily Calorie Allowance. The higher your Activity Rating, the more calories you can take in.

What's *your* Activity Rating? Find out by using the rating guide on page 9.

DESCRIPTION	ACTIVITY RATING
You are a sedentary office worker or very inactive housewife.	13
You are in a sedentary job, but you engage in occasional bursts of activity, like heavy cleaning or light exercise.	14
Your job keeps you on the go, you do a fair amount of walking every day, and you play tennis, swim, jog or engage in a similar activity once or twice a week.	15
You engage in 3-4 hour-long weekly sessions of vigorous exercise, plus daily walking and stair-climbing. Or you have a job that involves heavy physical activity during at least half of each of your working days.	16
You are a laborer, or you are an athlete in training, e.g., running 10 miles a day.	17

Find *your* Activity Rating and desired weight on page 12. Your *Daily Calorie Allowance* is where they intersect.

SAMPLE CALORIE DIARY

Breakfast

Food

Calories

**Total Breakfast
Calories:**

Lunch

Food

Calories

Total Lunch Calories:

Dinner*Food**Calories*

Total Dinner Calories:

Snacks*Food**Calories*

Total Snack Calories:

Total Calories Per Day:

DAILY CALORIE ALLOWANCE

Desired Weight	Activity Rating				
	13	14	15	16	17
90	1170	1260	1350	1440	1530
95	1235	1330	1425	1520	1615
100	1300	1400	1500	1600	1700
105	1365	1470	1575	1680	1785
110	1430	1540	1650	1760	1870
115	1495	1610	1725	1840	1955
120	1560	1680	1800	1920	2040
125	1625	1750	1875	2000	2125
130	1690	1820	1950	2080	2210
135	1755	1890	2025	2160	2295
140	1820	1960	2100	2240	2380
145	1885	2030	2175	2320	2465
150	1950	2100	2250	2400	2550
155	2015	2170	2325	2480	2635
160	2080	2240	2400	2560	2720
165	2145	2310	2475	2640	2805
170	2210	2380	2550	2720	2890
175	2275	2450	2625	2800	2975
180	2340	2520	2700	2880	3060
185	2405	2590	2775	2960	3145
190	2470	2660	2850	3040	3230
195	2535	2730	2925	3120	3315
200	2600	2800	3000	3200	3400
205	2665	2870	3075	3280	3485
210	2730	2940	3150	3360	3570
215	2795	3010	3225	3440	3655
220	2860	3080	3300	3520	3740

Step 4: Now that you've determined this magic number, what do you do with it? Suppose your Activity Rating is 14 and your weight goal is 125. No matter what you now weigh, if you restrict your daily calorie intake to 1750 you eventually will reach your goal. Your weight loss will be gradual, but you *will* get there. It's that simple. And if you continue at that calorie level, you will stay at your desired weight, permanently.

Step 5: To find out just how fast you will lose weight, add up the total of all calories you consumed during the 7 days you kept your calorie diary. Divide by 7 to get your average daily consumption. Subtract your Daily Calorie Allowance from this number. Divide 3500 by the remainder and you will know how many days it will take to lose 1 pound.

Here's an example: Suppose you weigh 155 pounds, have an Activity Rating of 14, and have been consuming an average of 2200 calories a day. In order to reach your de-

sired weight of 130 pounds and stay there, you should consume no more than 1820. 2200 minus 1820 equals 380. Divide 3500 by 380 and you will find that your average weight loss will be 1 pound every 9 days.

Not fast enough? Set your Daily Calorie Allowance at 1500 instead of 1820 and your calorie deficit will be 700 a day. At that rate, you will lose 1 pound every 5 days. When you reach your goal, increase your daily calories to 1820 *to maintain your weight permanently.*

If you want to lose even faster, you can experiment with reducing your calories further, even down to 1200. (Below 1200 you will be eating too little to feel satisfied and may be tempted to start cheating.)

Step 6: In this space write the Daily Calorie Allowance you have decided on: _____

You are now ready to start your permanent weight loss program! Good luck!

WHAT TO EAT EVERY DAY

How will you spend your Daily Calorie Allowance? Believe it or not, if you spent it all on ice cream and cake you soon would be longing for meat, vegetables and fruit. So you might as well decide right now to spend your calories on balanced, nutritious meals, including a *judicious* selection of desserts and other goodies.

In order to get the needed amounts of protein, carbohydrate and fat calories, and the basic vitamins and minerals, try to follow these guidelines for every-day eating.

Food Group	Servings Per Day
Meats, cheeses & other proteins	2-3
Breads, cereals & starches	2-3
Vegetables	3-5
Fruits	2-4
Milk products	2-3

Okay, we can hear your questions already: What foods are in each category? How big is a "serving"? Here's the lowdown:

Meats, cheeses & other proteins include chicken, turkey, veal, lamb, beef, ham, pork, liver, fish, legumes (lentils: kidney, lima and soy beans; black-eyed, chick and split peas), soft cheeses (e.g., cottage, pot, ricotta), semi-soft cheeses (e.g., bleu, brie, Camembert), hard cheeses (e.g., Swiss, cheddar), eggs.

ONE SERVING EQUALS:

At breakfast

1 egg

$\frac{1}{3}$ cup or $2\frac{1}{2}$ oz. soft cheese

1 oz. semi-soft or hard cheese

2 oz. fish

1 oz. meat or poultry

At lunch

2 eggs

$\frac{2}{3}$ cup or 5 oz. soft cheese

2 oz. semi-soft or hard cheese

3-4 oz. cooked meat, fish or poultry
6 oz. cooked legumes

At dinner

2 eggs
4-6 oz. cooked meat, fish or poultry
(8 oz. for men)
8 oz. cooked legumes (12 oz. for men)

Breads, cereals & starches include rolls, bread, ready-to-eat and cooked cereals, legumes, corn, hominy grits, pasta, rice, potatoes.

ONE SERVING EQUALS:

1 slice of bread
1 oz. roll or bun
½ English muffin
½ bagel
1 oz. ready-to-eat cereal
1 oz. uncooked cereal (measure
before cooking)
½ cup cooked legumes
1 medium ear of corn
½ cup canned corn

- 3/4 cup cooked hominy grits
- 2/3 cup cooked macaroni or spaghetti
- 1/2 cup cooked egg noodles
- 3 oz. potato
- 1/2 cup rice

Vegetables go from artichoke to zucchini. The more you vary your choices from day to day, the better balanced your diet will be. Make sure you have a green, leafy vegetable every day (spinach and watercress in particular are top choices—*crammed* with vitamins and minerals).

ONE SERVING EQUALS:

- 1/2 cup cooked
- 1 cup raw
- 1 medium (e.g., tomato)

Fruits come fresh, frozen, canned and squeezed into juice. Anything in a can, jar or carton should have *no sugar added*. You *must* have one fruit daily that is rich in vitamin C. That doesn't mean only tradi-

tional citrus fruits. Choose from grapefruit, orange, tomato or vegetable juice, cantaloupe or honeydew melon, kiwi fruit, mango, papaya, strawberries, ugli fruit.

ONE SERVING EQUALS:

- 4 oz. orange or grapefruit juice
- 8 oz. tomato or vegetable juice
- $\frac{1}{2}$ cup of berries, except 1 cup strawberries or cranberries
- 1 whole medium-sized fruit (e.g., apple, orange, peach)
- $\frac{1}{2}$ large fruit (e.g., grapefruit, banana)
- $\frac{1}{2}$ cup canned fruit

Milk products include skim milk, evaporated skim milk, buttermilk, yogurt.

ONE SERVING EQUALS:

- 8 oz. (1 cup) skim milk
- 4 oz. ($\frac{1}{2}$ cup) evaporated skim milk
- 6 oz. ($\frac{3}{4}$ cup) buttermilk
- $\frac{1}{2}$ cup plain unflavored yogurt

In addition to the recommended number of servings from the 5 food groups, your diet should also include a limited amount of fat, totaling no more than 3 servings.

ONE SERVING EQUALS:

- 1 teaspoon margarine
- 1 teaspoon mayonnaise
- 1 teaspoon vegetable oil
- 2 teaspoons imitation (diet) margarine
- 2 teaspoons imitation mayonnaise

Can you fit all the good nutritious necessities into your daily diet and still lose weight? And can you make them taste scrumptious? Yes. And yes again! For proof, following is a week of sample menus, based on a Daily Calorie Allowance of 1200.

You need not follow these menus. Just follow the nutritional guidelines and use your calorie counter. Also, it's a good idea to keep track of everything you eat in a small notebook.

Breakfast

1 cup corn flakes, with	97
½ cup skim milk, and	44
½ banana	41
Corn muffin (made from mix), with	130
1 tsp. diet margarine	<u>17</u>
	329

Lunch

6 oz. tomato juice	34
2-egg omelet, with	164
4 oz. mushrooms, canned	19
1 slice pumpernickel bread	<u>79</u>
	296

Snack

3 fresh apricots	55
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Dinner

4 oz. flounder baked with 2 tsp. butter	229
½ cup zucchini	13
4 oz. cole slaw	87
1 cup skim milk	88
4 animal crackers	<u>48</u>
	465

Total 1145

Breakfast

1 navel orange	71
1 soft-boiled egg	82
2 slices bacon	<u>86</u>
	239

Snack

½ banana, sliced, with	41
1 tbsp. peanut butter	94
½ cup skim milk	<u>44</u>
	179

Lunch

5 oz. uncreamed cottage cheese, with	120
8 oz. canned, water-pack pineapple, and	90
8 oz. canned water-pack peaches, on	70
3 lettuce leaves	<u>9</u>
	289

Dinner

4 oz. broiled round steak	296
1 small baked potato, with	145
1 tsp. diet margarine	17
3 artichoke hearts	22
½ cup dietetic gelatin dessert	<u>8</u>
	488

Total 1195

Breakfast

½ cup unsweetened grapefruit juice	51
1 packet instant oatmeal with raisins and spices	160
½ cup skim milk	<u>44</u>
	255

Snack

1 apple	61
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Lunch

Bacon, lettuce and tomato sandwich on white toast	280
1 oz. brownie	114
1 cup skim milk	<u>88</u>
	482

Dinner

4 oz. fresh shrimp, broiled with	103
1 tsp. butter	33
½ cup mixed carrots and peas	43
1 pear, with	100
¼ oz. bleu cheese	<u>78</u>
	357

Total 1155

Breakfast

1 poached egg, on	82
1 slice whole wheat toast	56
1 cup sliced strawberries, with	56
½ cup unflavored yogurt	<u>62</u>
	256

Lunch

4 oz. tuna fish (water-packed)	144
1 tomato	20
¼ cup potato salad	91
½ green pepper	8
3 lettuce leaves	<u>9</u>
	272

Snack

Plain donut	98
1 cup skim milk	<u>88</u>
	186

Dinner

1 cup beef broth	31
4 oz. roast leg of lamb	317
½ cup broccoli	20
½ cup beets	33
1 cup mixed honeydew and cantaloupe balls	<u>52</u>
	453

Total **1167**

Breakfast

1/2 grapefruit	54
3/4 cup raisin bran flakes, with	108
1/2 cup skim milk	44
1/2 bagel, with	83
1 tsp. diet margarine	<u>16</u>
	305

Lunch

1 cup cream of asparagus soup, made with water	65
5 oz. uncreamed cottage cheese	120
1 tomato	20
1 cucumber	<u>45</u>
	250

Snack

1 cup skim milk	88
1 graham cracker	<u>55</u>
	143

Dinner

4 oz. barbecued chicken	190
1/2 cup rice	93
4 oz. mushrooms, canned	19
1 cup mixed green salad, with	20
2 tbsp. diet dressing	24
1 cup unsweetened applesauce	<u>100</u>
	446

Total **1144**

Breakfast

½ grapefruit	54
½ bagel	83
1 oz. smoked salmon	50
1 oz. uncreamed cottage cheese	24
	<hr/>
	211

Snack

½ cup vanilla yogurt	100
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Lunch

1 cup beef-noodle soup	67
1 cup cauliflower, topped with	28
2 oz. melted cheddar cheese, and	226
Bread crumbs (made from 1	
slice white bread)	63
	<hr/>
	384

Dinner

4 oz. broiled hamburger	248
1 tomato, split and broiled with basil	20
½ cup green beans	17
	<hr/>
	285

Snack

6 oz. skim milk	66
2 gingersnaps	58
	<hr/>
	124

Total **1104**

Breakfast

1 navel orange	71
1 slice whole wheat bread, topped with	56
1 oz. melted cheddar cheese	<u>113</u>
	240

Snack

1 hard-boiled egg	82
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Lunch

1 cup plain yogurt, mixed with	123
½ cup fresh blueberries, and	43
1 sliced peach	35
½ English muffin, with	70
1 tsp. diet margarine	<u>17</u>
	288

Dinner

1 cup beef consomme	31
4 oz. roast chicken (no skin)	207
½ cup broccoli	20
½ cup carrots	23
10 small French fries	96
Watercress and tomato salad	40
2 tbsp. diet dressing	24
½ cup orange sherbet	<u>130</u>
	571

Total 1181

HOW TO EAT LIKE A THIN PERSON

Thin people don't only eat *less* than overweight people, they eat *differently*. You've seen it yourself.

A thin person will carry on an animated conversation at the dinner table, sometimes forgetting to go after the next mouthful. A fat person will apply himself single-mindedly to his food; conversation can wait.

A thin person eats when he is conscious of being hungry, or when it's time for lunch, or when the family dinner is ready. A fat person eats any time, even while standing in front of the refrigerator deciding what to eat *next*.

Thin people *automatically* restrain themselves—unless they were once overweight

and *learned* to control their eating urges. *You can train* yourself to have thin eating habits: to eat slowly, wait for mealtimes, listen to your stomach instead of responding automatically to the sight of food.

It takes work to unlearn bad habits, like biting your nails or smoking . . . or eating. But you can do it. And once you replace bad eating habits with good ones, dieting and controlling your weight will become infinitely easier.

How do you start? First, read through this section to familiarize yourself with "thin habits." Then pick out 1 new habit in each category, list them on a piece of paper, and try to practice them for an entire day.

Don't be discouraged if you forget. Try again the next day. And the next. Soon you will find the new behaviors taking the place of the old. When they become habits, it's time to pick out a new set and *add them* to the ones you already have established. Keep

this up until you are eating like the thin person you are going to become.

EATING MORE SLOWLY

The faster you eat, the less chance your stomach has to tell your brain that it's full. Thus, you consume more food than you really need. Slow down and you automatically will eat less—and actually feel *fuller* with less in your stomach. Here are some “thin” behaviors that will help you do it.

1. Don't pick up your fork until everyone else at the table has started eating.
2. After each bite of food, put your fork down. Pick it up only after you have completely chewed and swallowed the food.
3. Watch others at the table and make sure you finish each course *after* everybody else.
4. Halfway through your meal, stop and wait a short while before you resume eating. If that is difficult, start with a 10-second pause, then gradually extend it un-

til you can interrupt your meal for 2 minutes while much of your food is still on the plate.

5. Don't eat with your fingers. Don't pick up firm cakes or even fried chicken, if you can avoid it. Use a knife and fork to cut a small piece, then put one in your mouth and put the fork down again, as in #2.

6. Don't take a sip of any liquid while there is food in your mouth. You will only be sloshing the food down too fast.

7. Eat with the smallest possible utensils. Try a dessert fork for the main course, a teaspoon for the soup. And a dull knife—so you have to work harder to cut.

KEEPING FOOD IN ITS PLACE

Most overweight people keep food on display, eat anywhere and let the food on their plates control *them*, instead of the other way around. It's time to eliminate all of the environmental obstacles to your diet, and to set up new habits that let you

control when, where and how much you eat. You don't *have* to be at the mercy of food.

1. *Never* finish everything on your plate. Always leave a little food to prove to yourself that *you* are in control—that you eat in response to your appetite, not merely to the sight of food.

2. Eat only at the dining table. If you are watching television and you want a snack, walk away from the set, sit down at your designated place at the table and finish your snack before going back to the set.

3. Allow food only in the kitchen and dining room. No snacks in the living room, no “emergency rations” in the bedroom.

4. Put tempting foods in the freezer or the back of the refrigerator behind the vegetables, fruit and diet soda.

COOKING AND SERVING

If you are the family meal-provider, you have to work extra hard to keep food out

of your mouth because you are surrounded by it so much of the time. Here's help:

1. Avoid tasting what you are cooking. Have someone else try it, or put the food in your mouth, taste it, and spit it out.

2. Try to get someone to keep you company in the kitchen, even if that person isn't helping. The distraction of conversation and having somebody watching you will help you avoid nibbling.

3. Don't be a martyr. Make simpler meals, so you spend less time in the kitchen. And try to prepare large batches you can freeze for another meal. If anyone in the family shows the slightest culinary ambition, don't stifle it. Get volunteers to cook dinner.

4. Tie a ribbon tightly around your waist or wear one-size-too-small slacks while cooking to remind you not to nibble.

5. Have everyone serve himself instead of portioning everything out. That will decrease your contact with food even more.

6. Don't leave platters and bowls of food on the table during the meal. If people want seconds, they can go into the kitchen and get them.

7. Freeze leftovers and scrape plates *immediately*, so you aren't tempted to clean up everyone's plate yourself.

8. Better yet, try to get someone else to clear the table and dispose of leftovers so you don't even have to look at them.

9. If you're going to sit around the table chatting after a meal, make sure there is no food left on it.

FOOD SHOPPING

1. Never shop or prepare your shopping list on an empty stomach. Make sure you have eaten before confronting the problem of restocking the refrigerator and pantry. You will be less likely to succumb to the visual temptation of enticing foods.

2. Make a shopping list and stick to it. Don't buy food or snacks on impulse.

3. Go straight to the items on your list without wandering up and down the aisles.
4. Shop as infrequently as possible, to stay out of the food environment.
5. If possible, have someone else in the family do the food shopping, at least some of the time.

EATING BETWEEN MEALS

Do thin people snack between meals? Of course they do. But thin people don't usually get to the bottom of the potato chip bag or the cookie box in one sitting. They have control over their eating habits. You can learn to have control, too, by practicing these new snacking habits.

1. If you get an urge to eat between meals, first try brushing your teeth. The minty taste of the toothpaste may chase away the urge for real food.
2. Do not vow to "never eat between meals." It's unrealistic . . . and there is no reason

you can't enjoy snacks. Just make sure you have room for the calories in your Daily Calorie Allowance.

3. When you decide to have a snack, set a timer for ten minutes and force yourself to wait for the bell. You may lose the urge, or talk yourself out of snacking, or get engrossed in an activity and forget. If you still want it after the ten minutes are up, go ahead and eat it. But remember, you have just proven that you *do* have some control over your actions.

4. When you have a snack, treat it as a meal. Measure a small amount, put it on a plate—even if it's just five potato chips—and take it to your accustomed place at the table. Look up the calorie count and enter it immediately into your notebook. (Actually seeing the calorie count is a good deterrent to unplanned seconds.)

5. Snack on low-calorie foods instead of sweet stuff. Some experts recommend making up a "snack list" of foods, starting with

the lowest-calorie nibbles, and forcing yourself to start with #1 and eat through the entire list in order before you are allowed to have any of the "good stuff." The theory: You'll be so stuffed by the time you work your way through even part of the list, that you would gag on a cookie if you tried to eat it. Here is a sample snack list for you to try. Remember, you can't eat #2 until you eat #1, you can't eat #3 until you eat #2 . . . and so on

1. ½ cup cut-up raw vegetables
2. ½ cup cooked vegetables
3. 1 hard-boiled egg
4. 1 ounce of hard cheese
5. 2 ounces of fish
6. 1 serving of fruit
7. 1 cup of plain unbuttered popcorn
8. 1 slice of high-fiber bread
9. ½ cup unsweetened fruit juice
10. ½ cup ice milk
11. ½ cup ice cream
12. 1 ounce of dry-roasted peanuts
13. 1 ounce of potato chips

14. 2 ounces of cookies
15. 2" slice of cake
16. 3" wedge of pie

DINING OUT

1. Drink a full glass of water before even looking at the menu.
2. Start with a low-calorie appetizer, such as tomato juice, clear soup, half a grapefruit, a seafood cocktail without the sauce.
3. Don't linger over the menu; you know what you should order.
4. Never order dessert until you have completely finished your main course.
5. Ask the waiter to remove the bread and butter, or at least keep it out of reach.
6. Don't avoid ethnic restaurants; just order what you know is best for you.
7. Above all, don't suffer. If you are ready for a real splurge, just start cutting down on calories a few days ahead to allow for the extra calories.

CUTTING CALORIES IN THE KITCHEN

Want to cut *hundreds* of calories from your day's eating—without feeling a thing? You can—by choosing substitutes for milk, cream, butter, sour cream, cream cheese, and lots more stand-bys, that have fewer calories but just as much flavor. This chapter shows you how. You also will learn some easy kitchen tricks for de-calorizing traditional recipes. The objective: to keep on cooking and eating the dishes you love . . . minus some of the calories you hate!

- Use skim milk (88 calories per cup) instead of whole milk (160 calories per cup) for cooking and drinking. (You'll get used to it!)
- Make sandwiches with thin-sliced white bread (46 calories per slice) instead of regular white bread (62 calories per slice).

- If you bake your own bread, invest in an electric slicer so you can make your own super-thin diet slices.
- Substitute soybean flour (326 calories per cup) for up to one-third the all-purpose flour (455 calories per cup) in a recipe.
- Butter your toast after it has cooled instead of before, so it absorbs less butter and keeps you from adding more.
- Before making a sandwich with a roll, pull out the doughy center. You won't miss it and the calories will be markedly reduced.
- Load your pancake batter with apple slices, crushed pineapple or blueberries. Each pancake will have fewer calories and be more satisfying.
- Use non-stick spray-on vegetable coating and non-stick pans to eliminate the need for butter and oil in baking, frying, sautéing.
- Make stews and sauces a day ahead and refrigerate. Remove congealed fat before you serve them.

- Cook double or triple amounts of stews and casseroles, divide into small meal-size portions, mark each with the calorie content, and freeze each individually. You'll know exactly how many calories are in each portion, even weeks later.
- Remove fat from raw meat, cut in 4 oz. portions, then freeze in individual wrappings. This should keep you from eating too much meat at any one meal.
- Buy low-fat, uncreamed cottage cheese to save 30 calories per half-cup portion.
- Use evaporated skim milk (12 calories per tablespoon) instead of heavy cream (51 calories per tablespoon) in desserts, sauces and casseroles.
- Use diet margarine (50 calories per tablespoon) instead of regular margarine or butter (100 calories per tablespoon).
- The high-calorie alcohol in wines and liquors evaporates when you cook with them, leaving just the flavor. But in uncooked

dishes, like mousses, frozen soufflés and other desserts, it's best to use liquor-flavored extracts like brandy, rum, etc.

- Get vitamin C from an orange (71 calories), half a grapefruit (54 calories), or a cup of strawberries (56 calories) instead of orange juice (90 calories per 6 ounces). It takes much longer to eat, and you'll feel more satisfied.

- Avoid pre-sweetened cereals; choose cereals with the least calories and sugar. Add fresh fruit and artificial sweetener for a much more nutritious and tasty breakfast.

- Carve light-meat turkey (150 calories for 3 ounces) instead of dark meat (173 calories for 3 ounces) for yourself.

- Bake bacon on a rack in a 450-degree oven instead of frying so the fat can drip off as the bacon cooks. Make it crisp.

- Roast a lean piece of beef round instead of a fatty rib roast, a lean leg of lamb instead of a fatty shoulder roast.

- Choose lean Canadian bacon (77 calories per ounce) instead of the regular strips (169 calories per ounce).

- A good meaty sandwich doesn't have to be a diet-buster. These are good choices:

	Calories
Sandwich meat	per 3 oz.
Boiled ham	200
Chicken (roasted)	155
Turkey (light meat)	150
Turkey (dark meat)	173

These are less desirable choices:

	Calories
Sandwich meat	per 3 oz.
Dry salami	382
Liverwurst	272
Cooked salami	265
Corned beef	317

- Substitute imitation cream cheese (416 calories per 8 ounces) for the real thing (848 calories per 8 ounces) on sandwiches and in dips and other recipes.

- Substitute plain yogurt (123 calories per cup) for sour cream (486 calories per cup) in dips and salad dressings, and as a garnish on baked potatoes.

- Don't dip a chip (11 calories each) or snack cracker (10 to 20 calories each). Instead, provide these substitutes at your parties. (And if you suspect your hostess won't provide them at her party, bring along some of your own.):

Zucchini slices

Cauliflower flowerets

Cucumber slices

Radish roses

Raw mushroom caps

Celery chunks

Carrot strips

Green and red pepper rings

Pickle slices

Cherry tomatoes

- Make these low-calorie fruit and vegetable substitutions for the bread or crackers under ordinary canapés:

Cucumber boats or slices
Scoopd-out cherry tomatoes
Boiled and chilled artichoke leaves
Celery chunks
Squares of green pepper
Squares of red pepper
Mushroom caps
Turnip slices
Zucchini slices
Asparagus tips
Carrot slices
Apple chunks
Pickle slices

- Cook hamburgers and meat loaf on a rack, so that the fat drips away.
- Brown meatballs on a rack under the broiler before adding them to sauce.
- Forget about "*al dente*" when you make pasta. Cook pasta until it is quite soft—15 to 20 minutes. It will have about 25 percent fewer calories.
- Cook chicken with the skin on to keep it juicy, but remove before serving.

- Know your seafood. Even fish can be "fatty," so avoid these varieties:

Fish	Calories per 3 oz.
Mackerel, broiled with butter	201
Pompano	141
Salmon, broiled with butter	155
Tuna, canned in oil	245

Concentrate on these calorie bargains:

Fish	Calories per 3 oz.
Clam meat	70
Cod	66
Flounder fillets	67
Haddock	68
Red snapper	80
Shrimp	77

- Nibble vegetables instead of sweet or salty snacks. For variety, try eating vegetables raw that you normally cook, like zucchini, turnips, string beans, mushrooms. Or cook those you usually eat raw, like tomato halves (top with basil and fresh bread

crumbs, broil) or celery (braise in a little bouillon).

- Sprinkle butter-flavored salt on cooked vegetables instead of dotting with butter or margarine.

- "Sauté" onions, celery, green pepper, mushrooms, etc. in a little chicken broth or bouillon, instead of oil, until they are soft. A dash of soy sauce or Worcestershire sauce will "brown" them, if desired.

- After you cut sugar from fruit compotes, puddings and other desserts, they will seem a little sweeter if you add some vanilla.

- Cut the amount of sugar called for in cake and cookies recipes in half; substitute artificial sweetener for the missing half. The sugar replacement that measures the same as sugar helps replace the bulk that may be needed in some baked goods.

- Lower calories and cholesterol in cakes by replacing 1 egg (82 calories) with 2 egg whites (34 calories).

- Use 3 tablespoons of unsweetened cocoa (42 calories) in place of 1 ounce of baking chocolate (143 calories). Don't add additional oil, as cookbooks recommend; it's not essential and adds calories.
- Use bottled chocolate extract instead of sweetened cocoa or chocolate to make cocoa and milkshakes.
- When you buy or bake a cake or pie, immediately mark off portions (small ones!) with a knife. You will be less tempted to take an over-sized portion at dessert time.
- When you ice a homemade cake, figure out the total calories for all ingredients, mark off portions, then "decorate" each with the calorie count for one slice. It's great do-it-yourself "portion control."
- Combine cinnamon with sugar replacement in a shaker and sprinkle on grapefruit, baked apples, yogurt, other desserts.
- Stew fruits and bake apples in fruit-flavored diet soda.

THE GREAT CALORIE BURN-OFF

You know that for every 3500 calorie *deficit* you'll lose a pound. But you can also lose a pound by burning up 3500 calories in *extra activity*. A combination of reduced calorie intake and increased calorie burn-off is the *ideal* way to take off pounds.

Calories are simply units of energy. And activity uses up those energy units. The more strenuous the activity, the more units used up. It's as simple as that.

Of course, if you have been inactive all of your life, if lighting a cigarette is about as athletic as you ever get, you may be tempted to skip this section completely. *Don't*.

First, notice the word we have been using: *activity*. That doesn't necessarily mean ex-

ercise. Activity can be dancing, playing volleyball, walking up a flight of stairs, standing instead of sitting, playing cards while you watch television.

If you have been totally inactive, start small. Walk around the block once a day. Gradually build up to walking twice around the block. You may never run a marathon, but at least you will be *moving*. (Want to know how much? Strap a pedometer to your ankle or hip and wear it all day to record your mileage. Most *non-obese* people cover about 4-5 miles in a day of walking.)

You will discover that each little increase in activity will make you feel more energetic and lead to the *next* little increase. The benefit? You'll feel better about yourself, and you'll burn up extra calories. The more you do, the more weight lost.

Another big plus: Studies have shown that moderate exercise *doesn't* make you eat more. It does help burn calories better.

To inspire you, here is an activity list showing how many calories you burn up by engaging in different activities. Notice that work around the house is included, along with some representative occupations, in addition to sports and other activities. Check out how strenuous your *normal* activities are and add one or two to them.

Start with a level at which you will experience the least discomfort and work your way down the list through the more strenuous activities. Take it gradually—you wouldn't want to jump from a slow walk to playing squash without a long build-up. And be sure to check with your doctor before any major change in your activity level.

Keep a record of how many *extra* calories you burn up every week, on a chart like the one on page 52. (No fair counting the vacuuming you do anyway.) Use the lower calorie rate if you are under 150 pounds, the higher one if you are 150 pounds or more. And watch the pounds roll away!

EXTRA ACTIVITY DIARY (For week ending September 28,)

	Extra Activity	Calories Per Minute	X Minutes	= Calories Burned
Sunday	Leisurely stroll	2	30	60
Monday	Gardening	4	90	360
Tuesday	Jogging	8	15	120
Wednesday	Cleaning Windows	4	60	240
Thursday	Mild Calisthenics	4	20	80
Friday	Social Dancing	5	120	600
Saturday	Playing cards	2	150	300

WEEKLY TOTAL 1760

(Calories Burned)

= 1/2 pounds lost

CALORIE BURN-OFF GUIDE

2-3 Calories Burned Per Minute

Knitting

Playing cards and board games

Painting or drawing while sitting

Riding a motorcycle

Taking a leisurely stroll

Driving a car

Doing clerical work

Dressing and undressing

Sewing

Ironing

Sweeping the floor

Polishing furniture

3-4 Calories Burned Per Minute

Playing the piano, guitar, etc.

Walking on level ground, 2 mph

Bicycling on level ground, 5 mph

Bowling

Playing billiards

Canoeing in smooth water

Typing

Tending bar

Repairing a car or TV set
Pushing a light power lawn mower
Making beds
Wiping floors

4-5 Calories Burned Per Minute

Gardening
Bicycling, 6 mph
Pitching horseshoes
Volleyball
Fly fishing in still water
Sailing a small boat
Walking, 2½ mph
Yoga
Mild calisthenics
Bricklaying
Driving a truck
Mopping floors
Cleaning windows

5-6 Calories Burned Per Minute

Social dancing
Bicycling, 8 mph
Walking, 3-4 mph
Swimming, 20 yards per minute

Tennis, doubles
Badminton, singles
Light carpentry
Paperhanging
Painting
Masonry
Vacuuming rugs

6-7 Calories Burned Per Minute

Ice skating
Roller skating
Horseback riding
Sexual activity
Stream fishing in light current
Jumping rope
Vigorous calisthenics
Bicycling, 10 mph
Walking, 4-5 mph
Water skiing
Heavy carpentry

7-8 Calories Burned Per Minute

Tennis, singles
Skiing
Square dancing

Ballet dancing
Belly dancing
Sexual intercourse
Walking, 5-6 mph
Bicycling, 11 mph
Lawn mowing (manual)
Shoveling loose snow

8-10 Calories Burned Per Minute

Vigorous downhill skiing
Slow jogging, approximately 5 mph
Bicycling, 12 mph
Swimming, backstroke
Squash
Climbing stairs
Shoveling heavy snow
Digging ditches

10-11 Calories Burned Per Minute

Handball
Bicycling, 13 mph
Running, 5½ mph

11-12 Calories Burned Per Minute

Running, 6+ mph

CRISIS DIETS

You can't expect your diet to be clear sailing all the way. No matter how conscientiously you count calories and exercise and keep troublesome foods out of your environment, there will be some times when you overeat and other times when you reach a frustrating weight plateau (perhaps because of water retention, or your body's subtle adjustments). Then you need the boost of an extra-low-calorie diet. These 2 special diets will help you weather the rough spots. They work for 2 excellent reasons:

1. The sheer novelty of being on a rigid diet for just a short time may help you stick it out, whereas, if you thought you had to eat this way for *months*, you probably would end up at the nearest pastry shop gorging yourself out of total agony.

2. These diets are *boring* and they will prove to you again that the count-calories-and-eat-sensibly *Permanent Weight Loss Diet* is much nicer to live with and much more effective than any strict or "fad" diet.

So use either of these—no longer than one week, please—when you want to drop a couple of pounds in a hurry, or when you need a reminder of how dull dieting *used* to be. And again, check with your doctor first.

THE GRAPEFRUIT DIET

Special instructions: Eat only what is on this diet; avoid starches, sweets, cream and sugar. Use a vinegar and oil dressing, in moderation, on salads. Have unsweetened black coffee or tea after every meal, if desired. *Breakfast* is the same every day: ½ grapefruit or 4 ounces of unsweetened grapefruit juice and unsweetened black coffee or tea.

Seven days of lunch and dinner menus begin on page 59.

DAY 1

Lunch

½ grapefruit

or 4 oz. grapefruit juice

1 egg, cooked any style but without fat

1 slice Melba toast

or ½ piece Swedish flatbread

Dinner

2 hard-boiled eggs

1 tomato

½ head of lettuce

½ grapefruit

or 4 oz. grapefruit juice

DAY 2

Lunch

1 orange

1 egg

½ slice Melba toast

Dinner

6 oz. broiled steak, all fat removed

1 tomato

½ head of lettuce

½ grapefruit

or 4 oz. grapefruit juice

DAY 3

Lunch

- ½ grapefruit
or 4 oz. grapefruit juice
- 1 egg
- ½ head of lettuce

Dinner

- ½ grapefruit
or 4 oz. grapefruit juice
- 4 radishes
- ½ head of lettuce

DAY 4

Lunch

- ½ grapefruit
or 4 oz. grapefruit juice
- 1 cup low-fat cottage cheese or farmer cheese
- 1 tomato
- 1 slice of Melba toast
or ½ slice of Swedish flatbread

Dinner

- ½ grapefruit
or 4 oz. grapefruit juice
- 6 oz. broiled steak, all fat removed
- 2 cups mixed watercress and lettuce

DAY 5

Lunch

- 1 orange
- 1 broiled lamb chop, all fat removed
- ½ head of lettuce

Dinner

- ½ grapefruit
or 4 oz. grapefruit juice
- 2 eggs
- 1 medium tomato
- ½ head of lettuce

DAY 6

Lunch

- 1 orange

Dinner

- 1 poached egg
- 1 slice of Melba toast
or ½ piece of Swedish flatbread
- 1 orange

DAY 7

Lunch

½ grapefruit
or 4 oz. grapefruit juice
2 eggs
1 tomato
½ head of lettuce

Dinner

2 broiled lamb chops, all fat removed
1 tomato
½ head of lettuce

THE MODELS' DIET

Professional models—who *must* keep their weight in control or sacrifice a very high-paying career—often use this diet to shed excess pounds.

Breakfast

4 oz. grapefruit juice
or ½ grapefruit
or ½ cantaloupe
or 3" slice of watermelon
1 or 2 boiled or poached eggs
Unsweetened black coffee or tea

Lunch

- 4 oz. broiled hamburger
or 2 hard-boiled eggs
- 1 tomato
- 1 or more raw carrots
- Unsweetened black coffee or tea

Dinner

- 8 oz. tomato juice
or 8 oz. V-8 juice
or 4 oz. unsweetened grapefruit juice
- 4-6 oz. broiled steak,
lamb chop (remove all fat),
fish, hamburger, liver;
or roast chicken (remove skin),
lamb, beef
- 1 cup cooked vegetables, chosen from
carrots, cabbage, tomatoes,
spinach, green beans
- 1 cup salad greens,
dressed with vinegar or lemon juice
and freshly ground pepper
- $\frac{1}{2}$ grapefruit
or $\frac{1}{2}$ cantaloupe
or 3-inch slice watermelon
- Unsweetened black coffee or tea

PERMANENT WEIGHT LOSS MAINTENANCE TIPS

One day, the needle on your scale will stop where you want it to! What *now*? Enjoy the feeling of accomplishment, but stay at your Daily Calorie Allowance for one more week to be sure your weight loss is *real*.

Now start adding calories *gradually*. The first week increase your daily allowance by 100 calories. Weigh yourself at week's end. If your weight is still dropping, add another 100 daily calories. Stay at this level for a week. If your weight has stayed the same, don't add calories until it starts to drop again. Continue until you reach the calorie level that maintains your weight permanently.

Then, celebrate, but not with food! You're in control now. You have a new way of eating that will stay with you. You're not only *eating* like a thin person, you *are* one!

HERE ARE OTHER DELL PURSE BOOKS YOU'LL ENJOY

- 1837 ☐ Count Your Calories
- 0800 ☐ Brand-Name Calorie Counter
- 0806 ☐ Brand-Name Carbohydrate Gram Counter
- 1060 ☐ Carbohydrate Gram Counter
- 1853 ☐ Dictionary of Prescription Drugs
- 1875 ☐ Drs. Quick Weight Loss Diet
- 2440 ☐ Food and Drink Counter
- 2586 ☐ 4th Book of Hairstyles
- 3792 ☐ How to Look Slimmer & Other Beauty Tips
- 7320 ☐ Reducing Hips & Thighs
- 7421 ☐ Reducing Your Waist & Stomach
- 7719 ☐ T.V. Trivia Quiz
- 8859 ☐ 3500 Names for Baby
- 8577 ☐ 3000 Uncommon Names for Baby
- 9313 ☐ Vitamin Counter
- 9654 ☐ Working Woman's Beauty Book
- 9589 ☐ Wigder's Guide to Over-the-Counter Drugs (abridged)
- 3463 ☐ Delphine's Household Hints
- 1529 ☐ Crossword Puzzle Dictionary
 - ☐ Crossword Puzzles #41, #42, #43, #44, #45, #46, #47
 - ☐ Word Search #38, #39, #40, #41, #42, #43, #44, #45
- 2461 ☐ Family Record Keeper
- 3154 ☐ Handwriting Analysis
- 8629 ☐ Teen Diets
 - ☐ Pencil Puzzles & Word Games #15, #16
- 9033 ☐ Traveler's Handbook
- 1081 ☐ Complete Book of Hair Care & Styling
- 2897 ☐ Getting The Job
- 4473 ☐ Kids' Games
- 7201 ☐ Quickie Diets For Fast Weight Loss
- 4058 ☐ Instant Exercises
- 2554 ☐ 50 Games of Solitaire
- 0871 ☐ Busy Homemakers' Diet & Exercise Program
- 7917 ☐ 2nd Book of Mazes
- 6773 ☐ A New Figure In 30 Days
- 2144 ☐ Dress To Flatter Your Figure
- 1937 ☐ Dictionary of House Plants
- 3017 ☐ Grammar for Grown-Ups
- 6779 ☐ 100 Gifts Under \$10
- 5701 ☐ Mixing & Serving Drinks
- 1932 ☐ Dieters' Desserts
- 0683 ☐ The Book of Pet Names
- 6519 ☐ Coins 1982
- 2754 ☐ 5th Book of Hairstyles
- 6505 ☐ Numerology
- 0745 ☐ Baby Care
- 3562 ☐ Health Secrets of The Stars
- 7161 ☐ Quiz Me
- 2477 ☐ Foreign-Language Phrase Book
- 7042 ☐ Permanent Weight Loss Diet
- 6073 ☐ Movie & TV Trivia

If you cannot obtain these titles locally, send 69¢ per book, plus 25¢ per book for postage and handling to Dell Publishing Co., Inc., Box 1000, Pinebrook, N.J. 07058. Please allow up to eight weeks for shipment.

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